



# Westfield Primary School

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Headteacher: Mrs Karyn Hing

20<sup>th</sup> April 2022

Dear Parents/Carers,

Following the Government's outline plan for the next steps for living with COVID-1, on 1st April 2022 the NHS reviewed their guidance on COVID-19 to include more possible symptoms for children and young people. These can be read here: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>. The symptoms are very similar to symptoms of other illnesses, such as colds and flu. COVID-19 is usually a mild illness and most get better in a few days.

## Covid testing

Regular asymptomatic testing (using lateral flow tests) is no longer recommended for adults or children unless directed by a health professional. Free tests from the NHS have now ended for the majority of people in England. A small number of people who are high risk from COVID-19 will still be able to get free NHS tests. There is no longer a need for you to request a PCR test if you have symptoms of COVID-19.

## What to do if you or your child has symptoms:

Adults with symptoms of a respiratory infection, including COVID-19, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature.

If your child has either a high temperature and/or does not feel well enough to go to school, or do their normal activities, your child should try to stay at home and avoid contact with other people. They can go back to school when they feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school. Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues. Most children who are unwell will recover in a few days with rest and plenty of fluids.

## What to do if you or your child has a positive COVID-19 test:

If you (or another adult household member) do have a positive COVID-19 test result you should try to stay at home and avoid contact with the other people for at least five days (this starts from the day after the test was taken).

For children and young people aged 18 and under, the advice is to stay at home for 3 days (this starts from the day after the test was taken). Children and young people tend to be infectious to



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others for less time than adults. If they're well and do not have a temperature after 3 days, there's a much lower risk that they'll pass on COVID-19 to others.

More information can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

If you have any questions, please do not hesitate to contact us.

Yours sincerely

A handwritten signature in black ink that reads "K. Hing". The signature is written in a cursive style and is contained within a thin black rectangular border.

Mrs Karyn Hing  
Headteacher